



WHITE BIRCH CENTER *for* ACTIVE LIVING

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Message from the Executive Director

Hello Everyone,

“Well, it’s January again.” When I asked Beth Ann what I should write about in this month’s newsletter, that was her answer. I know, not much to write about. January – 4 syllables, even the name is one of the longest of the year. There are a few things I like about January. Thank God they are all on TV and not outside.

You know how there are people who love being the cheery optimist? When it snows two feet they comment that at least it wasn’t a hurricane. Typically, I don’t mind them, but in January, when they tell me to cheer up, I want to push them in a snow bank. Can’t we avoid January? Do we always have to revolve around the sun? It’s getting a little boring people.

Here’s the thing, it is still December when I am writing this and even thinking about January is making the “I hate this” part of my brain fire its neurons like the finale of a fireworks display. My only fear in writing this is that you, the reader,

might be a January lover. This may be the best time of year for you and I am ruining it.

If that is you, don’t be afraid. I am a rational man. I understand that January, like a kidney stone, will pass. I promise I’ll be nice and in a good mood should we meet. Just make sure it’s not next to a snow bank. Some things I can’t control.

Sincerely,

Marc McMurphy

Executive Director



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Spotlight White Birch Board Member

Peggy Herbert

While Peggy has never lived in Henniker, it is the town she loves. She spent 25 years teaching at the Community School (where Beth Ann was her teaching assistant for many years) and still finds the connections she made during that time to be a meaningful part of her life. Once retired, she became part of the Center for Active Living and loves knitting with the Knit-Wits. Peggy was thrilled to be asked to be on the board of directors so she could advocate for and more fully support its excellent programs and staff.

Born in Minnesota, she and Tom settled in NH 46 years ago. They have two daughters and 3 grandkids who all love spending time at their cabin on Lake Mooselookmeguntic. She loves to travel and has shared her



trips to Machu Picchu, Vietnam and Costa Rica at the center.

White Birch Center Seeks Three New Board Members

The White Birch Center Board of Directors is currently seeking to fill 3 Board positions. The Board's purpose is to support the work of White Birch Center and to provide mission-based leadership and strategic governance. We are a dedicated,

enthusiastic group of people who enjoy working together. If you are interested please contact Marc McMurphy, Executive Director at 603-428-7860 or email marcm@whitebirchcc.org.

Mah Jongg at White Birch

New year-new activity! We are thrilled to offer Mah Jongg every 2nd and 4th Friday at White Birch starting January 12th at 11:00 AM. Shannon Stone from Newbury has graciously offered to come to White Birch and teach the game. If you would like to learn or hone your skills we hope to see you.

Mah Jongg (or Maahj, as it is often called) is a fascinating, rummy-like game played with tiles rather than cards. The game originated in China, but its exact origins are shrouded in story and myth. Some claim it was the game of Chinese royalty, played in secret to keep the knowledge to themselves. Others claim it was invented by a Chinese General to amuse his troops during long months of battle. More recent investigations point to early versions of this popular tile game appearing as recently as 150 years ago in China as a

variant of card games. Whichever story you choose, there is general agreement that the game originated in China, and was popularized in the United States by Joseph Babcock at the beginning of the 20th century.

Mah Jongg is enjoying a resurgence in popularity, with millions of dedicated players around the world and a variety of internet and computer versions. A very small amount of time and effort is required to become familiar with the elementary principles of the game. Your patience in mastering the fine points of Mah Jongg will be repaid many times by the keen enjoyment invariably derived from the game.

If you would like to sign up you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org. There is no fee for this program.

Paint and Pizza

On Friday January 12th at 4:30 PM, join us at White Birch for a guaranteed fun gathering. We will start the evening with pizza and salad, followed by a group painting session. Artist and teacher, Elaine Emerson, will bring all the necessary supplies and lead us brush stroke by brush

stroke as we all paint the same winter scene. Artistic ability is not required!!!

Cost for the evening is \$20. Class size will be limited to 10 participants. Stop by White Birch to reserve your space.

Pot Luck Lunch

On Monday January 29th at 11:30 AM, we will have a pot luck lunch at White Birch. Bring a dish to share and visit with your White Birch friends. Space will be limited to 16 participants. If you

would like to sign up, you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

How It Feels to Be Ma'amed

This is a humorous look at ageism. I found this article entertaining and got permission to use it from author Liane Carter. You can subscribe to her newsletter at Lianekupferbergkcarter.com.

It's official. I'm old. I take to Facebook to post the humiliating news: "A girl on the subway just offered me her seat." I hashtag it #WorseThanBeingMa'amed. Seeking quick sympathy, I tell my twentysomething son what I've just posted. "Facebook is dead," he says. "It's just for old people."

Well OK, that's not exactly what he says. I've raised him to be more polite. What he actually says is, "Facebook is popular with your demographic." He works in digital advertising so he knows a lot about stuff like that. Last week, when I mentioned I enjoyed reading humor writer Andy Borowitz in *The New Yorker*, he smiled a bit patronizingly and said, "Of course you do. That's your demographic."

Taking A Stand on Ageism

He's young. He doesn't get it yet. Luckily, all my old-demographic, close friends on Facebook do — i.e. the 1,327 strangers I've never met. "I'm so sorry to hear that," says Jodi, a woman who, from her profile picture, looks at least 20 years my junior, which immediately makes me suspicious. Is she being solicitous about my being offered the girl's subway seat — or smug? She adds, "Not quite sure how I would have responded. What did you say?"

I tell her that after I wiped the look of horror from my face, I thanked the girl politely and told her I was fine standing. Really. That walker she assumes I need? Not to worry. It comes with factory-equipped, anti-lock brakes.

I must look more decrepit than I realize. I can't tell. The five-watt light bulb over the bathroom mirror is dim and great for hiding wrinkles. It also hides household dirt, so you don't need to clean so often. Sometimes I think, why even bother? It'll just come back again.

Marilyn, another Facebook friend I don't know IRL (that stands for In Real Life) posts this about subway girl: "I'm the same age as you, and I would love it if someone did that for me." Liar.

Rivka, a girl I don't remember, but who swears we went to high school together 40 years ago, points out, "Hah! It's really bad when we're grateful for it."

Stan confides: "I got on the bus a couple of months ago and the driver asked, 'Senior?' Felt like the exact opposite of getting carded at 30."

Age Is Just a Number

Oh, right. Carded. That dreaded rite of teenage passage is now so remote it seems quaint. Like getting whistled, cat-called and hooted at by construction workers. In my feminist youth, I burned with indignation. Then I reached my 40s, the decade when women start to turn invisible. Time dampened my flame. When a few guys in hard hats still harassed me for old time's sake, I realized all I felt was ... relieved.

My friend Debbi attempts to be helpful about the subway seat offer. She posts: "Maybe she had one of those 'do something nice for someone' school assignments and you just happened to be the recipient." Nice try, Debbi.

"It's much worse when the person offering you the seat is actually older than you," Marilyn points out. "Not to brag," Charis chimes in, "but I got asked if I was pregnant till the age of 54. It would have

been a compliment, except I was just fat.”

I tell myself it’s really no big deal. So what if a girl offered me her seat? After all, we’re visiting Boston. It’s overrun with college kids. No one’s a day over 22, so anyone past 27 looks middle-aged. After two days, I begin to wonder what exactly it is they do to citizens once they reach 30.

Show Your Cards

Except this is what happens to me next: We line up for the Pixar animation exhibit at the Museum of Science. The 12-year-old behind the counter takes my money, hands me a ticket and says, “Here you go, ma’am.” He doesn’t make eye contact. My ticket is stamped: “Admit One Senior.”

This takes carding to a whole new unwelcome level.

I feel as if I’ve just been branded “Now You’re Irrelevant.”

It reminds me how one nanosecond after I turned 50, a membership package from AARP arrived in the mailbox. I told my husband, “The CIA would have found Bin Laden a whole lot faster if they’d just asked the folks at AARP.”

I return to Facebook to whine about this latest assault on my vanity. “You know, when someone offers me a subway seat, I always take it,” Marilyn says. “I make it a policy to reinforce the gallantry of the Millennials.”

Okay. Point taken. My son offers his seat to older people, too. He makes me proud.

Maybe it’s time to pull myself up by my orthopedic bootstraps and embrace the senior fare discount.

But I’m still not taking that subway seat.

Here’s what else I won’t do yet: shop at Chico’s, binge-watch *Golden Girls* or yell “Get off my lawn” at the neighbor’s kids. I’ll wear sensible shoes if I must. But as God is my witness, I will never eat dinner at 4:30 in the afternoon. Because demographically speaking, the death spiral starts with the Early Bird Special.

Liane Kupferberg Carter is a writer, journalist and autism advocate. Her articles and essays have been published in the New York Times, the Chicago Tribune, Parents Magazine, Scary Mommy and Brain, Child. She is also the author of Ketchup Is My Favorite Vegetable: A Family Grows Up With Autism (Jessica Kingsley Publishers, 2016).

The Memory Book Discussion Group

On Monday January 8th at 1:00 PM, you are invited to join fellow Active Living participants in the new Memory Book discussion group. Some participants who recently completed the Aging Mastery program wanted to continue to meet and Louise Elkaliouby has volunteered to be the facilitator for this group. Discussions will revolve

around the legacy of wisdom we have achieved and what we want to leave behind.

White Birch will provide coffee, tea, and hot cocoa. If you would like to sign up, you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

Tuesday Movies in January

The Dressmaker

Tuesday, January 2nd at 1:00 PM

Rated R

Driven away when she was young, Tilly Dunnage returns to rural Australia after years of working as a dressmaker in Paris -- and she's ready to make waves in her conservative hometown not only with her haute couture but a hidden agenda.



Captain Fantastic

Tuesday, January 9th at 1:00 PM

Rated R

Having raised his six children in the wooded isolation of the Pacific Northwest, Ben Cash is suddenly drawn back into civilization by a shocking tragedy. As the kids face an unfamiliar world, Ben begins to reexamine his approach to parenting.



Maudie

Tuesday, January 16th at 1:00 PM

Rated PG-13

This affecting biopic charts the story of Maud Lewis, who rises above the juvenile rheumatoid arthritis that made her a social outcast and finds a passion for painting, becoming a beloved Canadian folk artist in the process.



The Dinner

Tuesday, January 23rd at 1:00 PM

Rated R

During a tense meal at an elegant restaurant, two brothers and their wives discuss how far to go in order to prevent their sons from being identified and arrested for a violent crime they committed that was caught on a security camera.



Love and Friendship

Tuesday, January 30th at 1:00 PM

Rated PG

In this adaptation of a Jane Austen novella, scheming widow Lady Susan Vernon retreats to her in-laws' rural estate while waiting for scandalous rumors about her to subside. Soon, she's on the hunt for a husband -- and one for her teenage daughter.



Banner Tours and Travel and White Birch Center Present An Irish Celebration

March 14, 2018



Join us at The Log Cabin on top of Mt. Tom in Holyoke, MA for an Irish celebration. Known for its excellent entertainment and delicious food, the Log Cabin is sure to please. “Galway Bay,” “Danny Boy,” and “Irish Rover,” are a few of the songs you’ll hear as Gerry Malone and The Lads bring us Irish Pub traditions of music and laughter. Before the performance we will enjoy Hors d’oeuvres, complimentary glass of wine or glass of Guinness Beer. Lunch includes Irish Soda Bread, Irish Stew, Traditional Corned Beef Dinner, Bailey’s Irish Crème Cake, Coffee, and Tea.

Price: \$127.00 per person includes: : Luxury motorcoach transportation, Irish Luncheon, Entertainment, meal tax and gratuity, and professional Tour Director.

Driver and Professional Tour Director gratuity not included.

Depart: 8.00AM at Concord Trailways
30 Stickney Ave – Return approximately 5:00PM
Payment is due upon reservation. Reserve early as space is limited.

You can stop by White Birch to pick up a registration form.

A Message from the Giving Tree



Happy Holidays

For five years I have had the pleasure of being drenched in love as the Knit Wits at White Birch cover me with their wonderful work. I am so happy to serve as a temporary repository for hats, mittens, scarves, socks, other delightful items that will eventually find their way on to needy homes and hands.

Yours every year,

The Giving Tree

Armchair Adventure: Hawaii and Pearl Harbor

On Wednesday January 24th at 1:00 PM, come be a part of our next Armchair Adventure as Marc McMurphy recaps his summertime visit to Oahu and Pearl Harbor. Marc and his family, while on their way back from New Zealand, stopped for 6 days in Oahu. Marc and his wife spent an entire day touring Pearl Harbor, the Missouri, and the

Pacific Air Museum and he has pictures recapping his trip.

There is no fee for this activity, but in order to plan we request that you sign up. You can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

SB2 Information Session

Last year Henniker voters passed Senate Bill 2 (SB2) for the Henniker School District.

On Friday January 19th at 11:00 AM, Superintendent Dr. Tacconi-Moore will give a brief presentation to explain the process around Senate Bill 2 (SB2) and to talk about the differences between an Annual District Meeting and the recently adopted-Senate Bill 2.

The presentation will be about 15 minutes long and then she will be available to answer questions about SB2 and the school budget.

If you would like to sign up to attend, you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org.

Lunch Bunch

On Tuesday January 9th at 11:30 we will meet for lunch at the Covered Bridge restaurant located at 16 Cedar St in Contoocook. In order to make reservations, the deadline to sign up is Friday

January 5th. Transportation and lunch are on your own. If you would like to sign up, you can stop by White Birch, call 428-3077, or email bethannp@whitebirchcc.org

Dial-A-Ride Volunteer Opportunity

Perhaps one of your New Year's resolutions is to donate time as a volunteer. The Dial-A-Ride program, coordinated through White Birch Center, provides door-through-door transportation for medical appointments. Volunteer drivers

are screened, and rides are free of charge to Henniker residents 60+. If you are interested in being a volunteer driver or would like more information, please contact Beth Ann Paul at 428.3077.

White Birch Center Senior Volunteer Recognized at Spirit of New Hampshire Awards

Jeannine Aucoin, a program participant of the White Birch Center for Active Living, was recently recognized at the Spirit of New Hampshire Awards for her volunteer efforts in her community.

Aucoin received a Service Award for her efforts as a volunteer driver for Dial-A-Ride and as an exercise facilitator for the Bone Builders program. Dial-A-Ride is a unique service where volunteer drivers provide transportation to medical appointments for older adults. Bone Builders is a nationally-recognized program which emphasizes increasing muscular strength, balance, and bone density to protect against fractures caused by osteoporosis. Both services are sponsored by The Friends RSVP program of Concord and then offered free of charge through hosting organizations such as White Birch.

As a senior who embraces wellness and community involvement, Jeannine enjoys maintaining her health and independence while helping others do the same. When asked to explain why she volunteers, Jeannine shares “I do what I do since I simply ask God each morning to help me do with a joyful heart anything and all He asks me to do that day. I simply try to be open to where I need to be”.

